

## 2015 Cana Zone IV Swimming Champs-Luanda - 06/05/2015 to 09/06/2015

## Results

## #1 Women 14&amp;U 800 Meter Free

Name	Age	Team	Finals Time
1 Lim AH Tock, Layne	13	MAU	10:10.59
2 Smit, Jessica S	14	RSA	10:21.30
3 Donker, Fleur	14	ZAM	10:28.88
4 Okumu, Virginia	14	KENYA-ZZ	10:35.63
5 Pinfold, Illizane	11	ZAM	11:29.40
6 Nightingale, Menina	13	KENYA-ZZ	11:36.42
7 De Jesus, Cassandra	13	BOTS	11:45.15
8 Nascimento, Vanelisa	14	ANG	11:47.17
9 Munhameze, Domingas C	12	MOZ	11:50.86
10 Mabasso, Denise A	14	MOZ	11:54.69
11 Silva, Karina	13	ANG	12:36.77

## #2 Men 14&amp;U 800 Meter Free

Name	Age	Team	Finals Time
1 Freeman, James	14	BOTS	9:54.45
2 Kok Shun, Ryan	13	MAU	10:08.80
3 Ambala, Atuhaire Ogola	14	UGA	10:20.55
4 Groenewald, Andre H	14	RSA	10:32.56
5 Lutchmanen, Varen	13	MAU	10:47.04
6 Rumball, Brandon	11	ZAM	10:49.54
7 Bekker, Zinhle	13	BOTS	11:01.63
8 Costa, Luyane	14	ANG	11:05.42
9 Habobot, Nuno	14	ANG	11:13.01
10 Ismail, Altaaf	14	ZAM	11:35.78
11 Rusford, Enoch J	12	RSA	12:13.30
12 Nightingale, Ted	11	KENYA-ZZ	13:04.11

## #3 Women 15&amp;O 800 Meter Free

Name	Age	Team	Finals Time
1 Lima, Yara	20	ANG	10:19.54
2 Stagno, Gessica	21	MOZ	10:25.11
3 Hadebe, Khethiwe U	17	RSA	10:31.43
4 Blokker, Danita	16	BOTS	10:31.69
5 Sousa, Catarina	15	ANG	10:52.55
6 Cossa, Gisela	15	MOZ	11:09.55

## #4 Men 15&amp;O 800 Meter Free

Name	Age	Team	Finals Time
1 Pinotes, Pedro	26	ANG	8:40.61
2 Mogne, Igor A	18	MOZ	8:42.86
3 Pillay, Deshaan R	17	RSA	9:42.89
4 Berning, Chad T	15	BOTS	10:00.84
5 Mosue, Mpumelelo N	17	RSA	10:16.11
6 Fernandes, Richard	19	ANG	10:33.20
7 Tavares, Jalik L	16	MOZ	11:50.34

## #5 Women 12&amp;U 50 Meter Breast

Name	Age	Team	Finals Time
1 Seyffert, Tailyn	12	RSA	37.69
2 Lange, Jenna-Lee	12	RSA	38.47
3 Foo Sem Fah, Leah	12	MAU	38.83
4 Prashant, Smriti	12	TAN	39.74
5 Potgieter, Monique	11	BOTS	40.81
6 Cahombo, Mélévire	12	ANG	41.04
7 Namutebi, Kirabo	10	UGA	42.45
8 Cottar, Ella	12	KENYA-ZZ	42.58

9 Kovacevic, Tamara	12	BOTS	42.76
10 Pinfold, Illizane	11	ZAM	42.95
11 Chibiya, Temwani A	11	ZAM	44.17
12 Kimani, Jasmin W	11	KENYA-ZZ	44.92
13 Coelho, Eliane	11	ANG	45.64
--- Cahombo, Euridice	8	ANG	X55.48
--- Costa, Luedy	10	ANG	X1:03.23

## #6 Boys 12&amp;U 50 Meter Breast

Name	Age	Team	Finals Time
1 Van Rooijen, Ivan	12	RSA	36.64
2 Fischer, Ethan	12	BOTS	36.88
3 Gordo, Salvador	12	ANG	38.00
4 Abrahams, Irshad I	12	RSA	39.17
5 Teixeira, Franscisco	12	ANG	39.29
6 Opande, Jono Per	11	KENYA-ZZ	39.40
7 Kabuye, Adnan	12	UGA	40.17
8 Mukalazi, Tendo	12	UGA	41.31
9 Hyslop, Brandon T	11	ZAM	41.63
10 Wilson, Toby	12	ZAM	43.09
11 Tabuka, Thomas	11	KENYA-ZZ	43.13
12 Lothrop, Russell	12	BOTS	43.26
--- Pedro, Ethnan	11	ANG	X46.08

## #7 Women 13-14 50 Meter Breast

Name	Age	Team	Finals Time
1 Oosterhuis, Josephine	14	TAN	35.48
2 Buys, Johanna J	14	ZAM	36.17
3 Smit, Jessica S	14	RSA	37.28
4 Van Jaarsveld, Sune	13	RSA	37.69
5 Lewis, Kasia	14	ZAM	38.03
6 Tang Yan, Aurelie	13	MAU	38.25
7 Duke, Dante	14	BOTS	39.60
8 Nightingale, Menina	13	KENYA-ZZ	40.20
*9 Nascimento, Vanelisa	14	ANG	40.69
*9 Caloiaro, Sylvia	14	TAN	40.69
11 Mabasso, Denise A	14	MOZ	42.06
12 Geheb, Kiira	13	KENYA-ZZ	42.26
13 Silva, Karina	13	ANG	45.14
14 De Jesus, Cassandra	13	BOTS	47.20

## #8 Men 13-14 50 Meter Breast

Name	Age	Team	Finals Time
1 Goslin, Matthew K	14	RSA	33.78
2 Cuna, Érico M	14	MOZ	34.22
3 Ramaala, Alex A	14	RSA	34.41
4 Kurukulasooriya, Gihan	14	BOTS	34.45
5 Pinfold, Adam B	14	ZAM	34.50
6 Puraahoo, Ovesh	13	MAU	34.88
7 Habobot, Nuno	14	ANG	36.37
8 Freeman, James	14	BOTS	36.47
9 Talib, Swaleh	14	KENYA-ZZ	37.23
10 Mulenga, Mutale	14	ZAM	37.81
11 Jáco, Christopher	14	ANG	40.20
--- Jaco, Asher	13	ANG	X45.26

## #9 Women 15-16 50 Meter Breast

Name	Age	Team	Finals Time
1 Abrahams, Ammaarah	16	RSA	36.39

2 Cipic, Maria	15	ANG	36.80
3 Ribeiro, Nayara	16	ANG	37.07
4 Ostman, Emilia	15	KENYA-ZZ	38.95
5 Auckburaullee, Annah	15	MAU	39.20
6 Cossa, Gisela	15	MOZ	39.48
7 Manchest, Amber R	15	RSA	39.78
8 Blokker, Danita	16	BOTS	40.63
9 Latife, Jordana	15	ZAM	42.56
10 Muller, Caitlyn	16	ZAM	42.75
--- Barros, Erica	15	ANG	X45.51

## #10 Men 15-16 50 Meter Breast

Name	Age	Team	Finals Time
1 Tavares, Jalik L	16	MOZ	32.25
2 Francisco, Daniel	15	ANG	32.72
3 Chetty, Sachin	15	RSA	33.04
4 Chung Yee, Jonathan	16	MAU	33.07
5 Scheepers, Junaid A	16	RSA	33.46
6 Esteves, Claudio	15	ANG	34.22
7 Wamarema, Andrew	16	KENYA-ZZ	35.46
8 Ndonga, Emmanuel C	15	KENYA-ZZ	37.20
9 Berning, Chad T	15	BOTS	37.76
10 McDonald, Ross	16	ZAM	37.82
11 Ssempe, Josiah Kasaale	16	UGA	44.50

## #11 Women 17&amp;O 50 Meter Breast

Name	Age	Team	Finals Time
1 Paljk, Tilka	18	ZAM	33.94
2 Poo Cheong, Elodie	18	MAU	35.09
3 Stagno, Gessica	21	MOZ	39.06
4 Henriques, Mariana	21	ANG	39.69
5 Barr, Poppy L	17	ZAM	39.89
6 Ebineng, Seabe	18	BOTS	42.25
7 Costa, Daniela	18	ANG	42.59
8 Meya, Avice	20	UGA	43.13

## #12 Men 17&amp;O 50 Meter Breast

Name	Age	Team	Finals Time
1 Pragassa, Tory	18	KENYA-ZZ	30.12
2 Aguiar, João	31	ANG	30.83
3 Ntaka, Sphephelo O	18	RSA	32.79
4 Shone, Matthew	22	ZAM	33.67
5 Ndonga, Samuel K	17	KENYA-ZZ	34.03
6 Pillay, Deshaan R	17	RSA	35.18
7 Sililo, Mmbalo S	26	ZAM	36.44
--- Henriques, Alberto	17	ANG	X33.81

## #13 Women 12&amp;U 100 Meter Back

Name	Age	Team	Finals Time
1 Seyffert, Tailyn	12	RSA	1:14.53
2 Pinfold, Sacha	12	ZAM	1:15.42
3 Blaisse, Jeanne S	12	RSA	1:15.72
4 Foo Sem Fah, Leah	12	MAU	1:18.92
5 Phiri, Mia A	12	ZAM	1:20.00
6 Prashant, Smriti	12	TAN	1:21.32
7 Munhameze, Domingas C	12	MOZ	1:24.90
8 Kovacevic, Tamara	12	BOTS	1:25.07
9 Cottar, Ella	12	KENYA-ZZ	1:26.69
10 IP Hen Chueng, Trisha	12	MAU	1:26.71

## 2015 Cana Zone IV Swimming Champs-Luanda - 06/05/2015 to 09/06/2015

## Results

## #13 Women 12&amp;U 100 Meter Back

11	Kimani, Jasmin W	11	KENYA-ZZ	1:28.16
12	Mathews, Tselane	11	BOTS	1:29.35
13	Nguyen, Komie	12	ANG	1:31.74
14	Coelho, Eliane	11	ANG	1:41.80

## #14 Men 12&amp;U 100 Meter Back

Name	Age	Team	Finals Time	
1	Roest, Edward	12	KENYA-ZZ	1:14.00
2	Maseko, Felix F	12	RSA	1:16.75
3	Gordo, Salvador	12	ANG	1:17.46
4	Rumball, Brandon	11	ZAM	1:17.51
5	Bekker, Andile	12	BOTS	1:18.41
6	Van Rooijen, Ivan	12	RSA	1:18.89
7	Mukalazi, Tendo	12	UGA	1:19.02
8	Kabuye, Adnan	12	UGA	1:19.60
9	Fischer, Ethan	12	BOTS	1:24.28
10	Wilson, Toby	12	ZAM	1:25.09
11	Nightingale, Ted	11	KENYA-ZZ	1:27.26
12	Pires, Victor	12	ANG	1:30.06
---	Freitas, Filipe	10	ANG	X1:33.14

## #15 Women 13-14 100 Meter Back

Name	Age	Team	Finals Time	
1	Hassen-Weltin, Shanni	14	ZAM	1:12.07
2	Koenig, Camille	13	MAU	1:12.55
3	Smit, Jesica S	14	RSA	1:12.77
4	Thorpe, Imara Bella	14	KENYA-ZZ	1:13.70
5	Donker, Fleur	14	ZAM	1:14.70
6	Geheb, Kiira	13	KENYA-ZZ	1:17.98
7	Mabasso, Denise A	14	MOZ	1:21.31
8	Van Jaarsveld, Sune	13	RSA	1:21.38
9	De Jesus, Cassandra	13	BOTS	1:25.04
10	Bossi, Gloria	14	ANG	1:25.63
11	Oosterhuis, Josephine	14	TAN	1:26.42
12	Caloiaro, Sylvia	14	TAN	1:27.00
13	Nguyen, Komay	14	ANG	1:27.43
---	Cebolo, Rebeca	13	ANG	X1:32.65

## #16 Men 13-14 100 Meter Back

Name	Age	Team	Finals Time	
1	Pinfold, Adam B	14	ZAM	1:05.31
2	Cuna, Érico M	14	MOZ	1:08.59
3	Groenewald, Andre H	14	RSA	1:09.34
4	Saleh, Nabil Ahmed	13	UGA	1:10.53
5	Lutchmanen, Varen	13	MAU	1:10.81
6	Omondi, Alvin	13	KENYA-ZZ	1:11.28
7	Costa, Luyane	14	ANG	1:11.94
8	Freeman, James	14	BOTS	1:12.05
9	Kok Shun, Ryan	13	MAU	1:12.47
10	Talib, Swaleh	14	KENYA-ZZ	1:12.66
11	Goslin, Matthew K	14	RSA	1:14.64
12	Ambala, Atuhaire Ogola	14	UGA	1:16.70
13	McDonald, Iain D	14	ZAM	1:17.37
14	Kurukulasooriya, Gihan	14	BOTS	1:18.86
15	Mascarenhas, Henrique	13	ANG	1:22.53
---	Virgilio, Filpert	14	ANG	X1:27.82

## #17 Women 15-16 100 Meter Back

Name	Age	Team	Finals Time	
1	Cossa, Gisela	15	MOZ	1:12.42
2	Sousa, Catarina	15	ANG	1:14.02
3	Evans, Kira	15	KENYA-ZZ	1:14.17
4	Wong Woon, Chong	15	MAU	1:15.94
5	Meier, Danè	16	RSA	1:16.73
6	Manchest, Amber R	15	RSA	1:20.18
7	Michaelo, Ambaar	15	KENYA-ZZ	1:20.23
8	Valenza, Francesca	16	ZAM	1:22.11
9	Ribeiro, Nayara	16	ANG	1:22.41
10	Gander, Colleen	15	ZAM	1:28.28

## #18 Men 15-16 100 Meter Back

Name	Age	Team	Finals Time	
1	Stoltz, Reuben	16	RSA	1:06.31
2	Berning, Chad T	15	BOTS	1:06.90
3	Francisco, Daniel	15	ANG	1:07.18
4	Peres, Yohan	16	MAU	1:07.35
5	Tavares, Jalik L	16	MOZ	1:10.36
6	Ndonga, Emmanuel C	15	KENYA-ZZ	1:11.49
7	Vilela, Maglon	16	ANG	1:15.29

## #19 Women 17&amp;O 100 Meter Back

Name	Age	Team	Finals Time	
1	Stagno, Gessica	21	MOZ	1:10.37
2	Nobrega, Ana	24	ANG	1:12.56
3	Poo Cheong, Elodie	18	MAU	1:14.09
4	Hadebe, Khethiwe U	17	RSA	1:14.36
5	Lima, Yara	20	ANG	1:15.04
6	Barr, Poppy L	17	ZAM	1:18.92
7	Ebineng, Seabe	18	BOTS	1:22.30

## #20 Men 17&amp;O 100 Meter Back

Name	Age	Team	Finals Time	
1	Mogne, Igor A	18	MOZ	1:01.40
2	Ndinofina, Berjo	18	ANG	1:05.60
3	da Costa, Denilson	17	MOZ	1:05.82
4	Fernandes, Márcio	17	ANG	1:06.78
5	Ntaka, Sphephelo O	18	RSA	1:08.75
6	Mosue, Mpumelelo N	17	RSA	1:11.51

## #21 Women 14&amp;U 200 Meter Medley Relay

Team	Relay	Finals Time	
1	ZAM	A	2:11.34
	Hassen-Weltin, Shanni 14	Lewis, Kasia 14	
	Donker, Fleur 14	Buys, Johanna J 14	
2	MAU	A	2:13.07
	Koenig, Camille 13	IP Hen Cheung, Tessa 14	
	Lim AH Tock, Layne 13	Tang Yan, Aurelie 13	
3	RSA	A	2:13.63
	Blaisse, Jeanne S 12	Van Jaarsveld, Sune 13	
	Hartzenberg, Erin R 13	Smit, Jesica S 14	
4	KENYA-ZZ	A	2:16.77
	Thorpe, Imara Bella 14	Nightingale, Menina 13	
	Belcher, Emily 14	Geheb, Kiira 13	
5	ANG	A	2:26.30
	Chagas, Sara 13	Cahombo, Mélvire 12	
	Nascimento, Vanelsa 14	Nguyen, Komay 14	

6	BOTS	A	2:28.75
	De Jesus, Cassandra 13	Duke, Dante 14	
	Kovacevic, Tamara 12	Potgieter, Monique 11	

## #22 Men 14&amp;U 200 Meter Medley Relay

Team	Relay	Finals Time	
1	RSA	A	2:05.54
	Groenewald, Andre H 14	Goslin, Matthew K 14	
	Smit, Naested 14	Maseko, Felix F 12	
2	ZAM	A	2:08.37
	Pinfold, Adam B 14	Mulenga, Mutale 14	
	Rainsford, Antonie C 13	McDonald, Iain D 14	
3	ANG	A	2:10.86
	Costa, Luyane 14	Habobot, Nuno 14	
	Gordo, Salvador 12	Mascarenhas, Henrique 13	
4	BOTS	A	2:11.12
	Lothrop, Russell 12	Kurukulasooriya, Gihan 14	
	Freeman, James 14	Bekker, Andile 12	
5	KENYA-ZZ	A	2:11.34
	Talib, Swaleh 14	Opande, Jono Per 11	
	Omondi, Alvin 13	Roest, Edward 12	
6	UGA	A	2:11.48
	Saleh, Nabil Ahmed 13	Ambala, Atuhaire Ogola 14	
	Mukalazi, Tendo 12	Saleh, Fadhil Thabit 13	

## #23 Women 15&amp;O 200 Meter Medley Relay

Team	Relay	Finals Time	
1	ANG	A	2:09.54
	Nobrega, Ana 24	Cipic, Maria 15	
	Sousa, Catarina 15	Lima, Yara 20	
2	RSA	A	2:14.04
	Manchest, Amber R 15	Abrahams, Ammaarah 16	
	Meier, Danè 16	Mohabir, Yogita 15	
3	ZAM	A	2:15.37
	Valenza, Francesca 16	Paljk, Tilka 18	
	Barr, Poppy L 17	Gander, Colleen 15	
4	MOZ	A	2:17.17
	Mabasso, Denise A 14	Cossa, Gisela 15	
	Stagno, Gessica 21	Munhameze, Domingas C 1	
5	KENYA-ZZ	A	2:21.29
	Evans, Kira 15	Ostman, Emilia 15	
	Michaelo, Ambaar 15	Okumu, Virginia 14	

## #24 Men 15&amp;O 200 Meter Medley Relay

Team	Relay	Finals Time	
1	ANG	A	1:52.94
	Fernandes, Márcio 17	Aguiar, João 31	
	Francisco, Daniel 15	Pinotes, Pedro 26	
2	MOZ	A	1:53.00
	Cuna, Érico M 14	Tavares, Jalik L 16	
	Mogne, Igor A 18	da Costa, Denilson 17	
3	RSA	A	1:57.18
	Ntaka, Sphephelo O 18	Pillay, Deshaan R 17	
	Scheepers, Junaid A 16	Mosue, Mpumelelo N 17	
4	KENYA-ZZ	A	1:57.72
	Ndonga, Emmanuel C 15	Pragassa, Tory 18	
	Ndonga, Samuel K 17	Wamarema, Andrew 16	
5	MAU	A	2:01.34
	Kok Shun, Ryan 13	Chung Yee, Jonathan 16	
	Peres, Yohan 16	Purahoo, Ovesh 13	

## 2015 Cana Zone IV Swimming Champs-Luanda - 06/05/2015 to 09/06/2015

## Results

## #24 Men 15&amp;O 200 Meter Medley Relay

6	ZAM	A	2:03.35
	Mataka, Mapalo J 16	Shone, Matthew 22	
	Latife, Riyaz 21	Sililo, Mmbalo S 26	

## #25 Women 12&amp;U 200 Meter Breast

Name	Age	Team	Finals Time
1	Seyffert, Tailyn	12 RSA	2:59.33
2	Foo Sem Fah, Leah	12 MAU	3:00.11
3	Prashant, Smriti	12 TAN	3:17.18
4	Cottar, Ella	12 KENYA-ZZ	3:17.45
5	Munhameze, Domingas C	12 MOZ	3:23.53
6	Blaisse, Jeanne S	12 RSA	3:25.46
7	Pinfold, Illizane	11 ZAM	3:30.53
8	Kimani, Jasmin W	11 KENYA-ZZ	3:31.89
9	Chibiya, Temwani A	11 ZAM	3:32.41
10	Mathews, Tselane	11 BOTS	3:34.37
11	Cahombo, Mélvire	12 ANG	3:40.16
12	Coelho, Eliane	11 ANG	3:55.70

## #26 Men 12&amp;U 200 Meter Breast

Name	Age	Team	Finals Time
1	Van Rooijen, Ivan	12 RSA	3:03.15
2	Fischer, Ethan	12 BOTS	3:06.28
3	Bekker, Andile	12 BOTS	3:07.40
4	Gordo, Salvador	12 ANG	3:07.56
5	Rusford, Enoch J	12 RSA	3:10.43
6	Tabuka, Thomas	11 KENYA-ZZ	3:21.44
7	Almeida, Muassiri	12 ANG	3:25.02
8	Hyslop, Brandon T	11 ZAM	3:25.96
9	Wilson, Toby	12 ZAM	3:33.82
10	Nightingale, Ted	11 KENYA-ZZ	3:38.47

## #27 Women 13-14 200 Meter Breast

Name	Age	Team	Finals Time
1	IP Hen Cheung, Tessa	14 MAU	2:53.69
2	Smit, Jessica S	14 RSA	2:57.53
3	Buys, Johanna J	14 ZAM	3:03.37
4	Van Jaarsveld, Sune	13 RSA	3:03.63
5	Nightingale, Menina	13 KENYA-ZZ	3:13.20
6	Oosterhuis, Josephine	14 TAN	3:20.67
7	Geheb, Kiira	13 KENYA-ZZ	3:21.91
8	Caloiaro, Sylvia	14 TAN	3:25.76
9	Mabasso, Denise A	14 MOZ	3:31.32
10	Pedro, Erykah	14 ANG	3:36.47
11	Coelho, Daniela	13 ANG	3:49.38
12	De Jesus, Cassandra	13 BOTS	3:52.90

## #28 Men 13-14 200 Meter Breast

Name	Age	Team	Finals Time
1	Lutchmanen, Varen	13 MAU	2:41.74
2	Goslin, Matthew K	14 RSA	2:43.15
3	Ramaala, Alex A	14 RSA	2:48.72
4	Freeman, James	14 BOTS	2:49.89
5	Cuna, Érico M	14 MOZ	2:52.22
6	Purahoo, Ovesh	13 MAU	2:53.63
7	Kurukulasooriya, Gihan	14 BOTS	3:03.02
8	Ambala, Atuhaire Ogola	14 UGA	3:04.39

9	Ismail, Altaaf	14 ZAM	3:11.06
10	Habobot, Nuno	14 ANG	3:11.17
11	Mascarenhas, Henrique	13 ANG	3:15.20
12	Mulenga, Mutale	14 ZAM	3:18.75

## #29 Women 15-16 200 Meter Breast

Name	Age	Team	Finals Time
1	Abrahams, Ammaarah	16 RSA	2:56.12
2	Ostman, Emilia	15 KENYA-ZZ	3:01.53
3	Cossa, Gisela	15 MOZ	3:06.41
4	Cipic, Maria	15 ANG	3:10.80
5	Blokker, Danita	16 BOTS	3:12.94
6	Ribeiro, Nayara	16 ANG	3:15.42
7	Muller, Caitlyn	16 ZAM	3:39.87
8	Latife, Jordana	15 ZAM	3:48.33

## #30 Men 15-16 200 Meter Breast

Name	Age	Team	Finals Time
1	Chung Yee, Jonathan	16 MAU	2:34.12
2	Chetty, Sachin	15 RSA	2:42.31
3	Esteves, Claudio	15 ANG	2:48.66
4	Francisco, Daniel	15 ANG	2:51.49
5	Tavares, Jalik L	16 MOZ	2:57.32
6	Berning, Chad T	15 BOTS	3:02.77
7	McDonald, Ross	16 ZAM	3:05.14
8	Ssempe, Josiah Kasaale	16 UGA	3:27.98

## #31 Women 17&amp;O 200 Meter Breast

Name	Age	Team	Finals Time
1	Paljk, Tilka	18 ZAM	2:58.56
2	Henriques, Mariana	21 ANG	3:18.63
3	Costa, Daniela	18 ANG	3:28.61
4	Meya, Avice	20 UGA	3:44.77

## #32 Men 17&amp;O 200 Meter Breast

Name	Age	Team	Finals Time
1	Pinotes, Pedro	26 ANG	2:25.56
2	Pragassa, Tory	18 KENYA-ZZ	2:38.05
3	Shone, Matthew	22 ZAM	2:45.67
4	Pillay, Deshaan R	17 RSA	2:46.64
5	Ndonga, Samuel K	17 KENYA-ZZ	2:57.96
--	Afonso, Luciano	18 ANG	X2:51.20

## #33 Girls 12&amp;U 50 Meter Back

Name	Age	Team	Finals Time
1	Blaisse, Jeanne S	12 RSA	33.13
2	Seyffert, Tailyn	12 RSA	33.40
3	Pinfold, Sacha	12 ZAM	33.60
4	Phiri, Mia A	12 ZAM	35.45
5	Foo Sem Fah, Leah	12 MAU	36.80
6	Prashant, Smriti	12 TAN	37.02
7	IP Hen Chueng, Trisha	12 MAU	38.09
8	Kovacevic, Tamara	12 BOTS	38.84
9	Potgieter, Monique	11 BOTS	39.02
10	Cottar, Ella	12 KENYA-ZZ	39.18
11	Nguyen, Komie	12 ANG	39.29
12	Kimani, Jasmin W	11 KENYA-ZZ	40.75
13	Namutebi, Kirabo	10 UGA	41.94
14	Coelho, Eliane	11 ANG	44.00

--	Cahombo, Euridice	8 ANG	X53.38
--	Costa, Luedy	10 ANG	X1:05.85

## #34 Men 12&amp;U 50 Meter Back

Name	Age	Team	Finals Time
1	Roest, Edward	12 KENYA-ZZ	33.82
2	Gordo, Salvador	12 ANG	33.85
3	Rumball, Brandon	11 ZAM	34.77
4	Mukalazi, Tendo	12 UGA	34.83
5	Van Rooijen, Ivan	12 RSA	35.46
6	Kabuye, Adnan	12 UGA	36.47
7	Bekker, Andile	12 BOTS	36.75
8	Lothrop, Russell	12 BOTS	36.81
9	Wilson, Toby	12 ZAM	38.75
10	Opande, Jono Per	11 KENYA-ZZ	39.34
11	Pires, Victor	12 ANG	39.38
12	Abrahams, Irshad I	12 RSA	40.77
--	Pedro, Ethnan	11 ANG	X40.60

## #35 Women 13-14 50 Meter Back

Name	Age	Team	Finals Time
1	Jarvis, Erin S	14 RSA	32.61
2	Koenig, Camille	13 MAU	33.81
3	Thorpe, Imara Bella	14 KENYA-ZZ	34.50
4	Hassen-Weltin, Shanni	14 ZAM	34.67
5	Lewis, Kasia	14 ZAM	34.72
6	Geheb, Kiira	13 KENYA-ZZ	34.84
7	Smit, Jessica S	14 RSA	35.17
8	Mabasso, Denise A	14 MOZ	35.25
9	Duke, Dante	14 BOTS	36.58
10	Nguyen, Komay	14 ANG	38.37
11	Oosterhuis, Josephine	14 TAN	38.52
12	Caloiaro, Sylvia	14 TAN	39.06
13	Chagas, Sara	13 ANG	39.13
--	Cebolo, Rebeca	13 ANG	X42.30
--	Fernandes, Marcia	14 ANG	X49.37

## #36 Men 13-14 50 Meter Back

Name	Age	Team	Finals Time
1	Pinfold, Adam B	14 ZAM	29.79
2	Cuna, Érico M	14 MOZ	29.81
3	Smit, Naested	14 RSA	31.60
4	Talib, Swaleh	14 KENYA-ZZ	31.98
5	Omondi, Alvin	13 KENYA-ZZ	32.27
6	Kok Shun, Ryan	13 MAU	32.28
7	Groenewald, Andre H	14 RSA	32.30
8	Freeman, James	14 BOTS	32.31
9	Saleh, Nabil Ahmed	13 UGA	32.44
10	Costa, Luyane	14 ANG	33.34
11	Saleh, Fadhil Thabit	13 UGA	33.42
12	Sailboko, Collins	13 TAN	34.31
13	Kurukulasooriya, Gihan	14 BOTS	35.04
14	McDonald, Iain D	14 ZAM	35.17
15	Mascarenhas, Henrique	13 ANG	37.35

## #37 Women 15-16 50 Meter Back

Name	Age	Team	Finals Time
1	Evans, Kira	15 KENYA-ZZ	33.46
2	Sousa, Catarina	15 ANG	33.49

## 2015 Cana Zone IV Swimming Champs-Luanda - 06/05/2015 to 09/06/2015

## Results

## #37 Women 15-16 50 Meter Back

3	Cossa, Gisela	15	MOZ	33.67
4	Wong Woon, Chong	15	MAU	35.46
5	Manchest, Amber R	15	RSA	35.71
6	Mohabir, Yogita	15	RSA	36.41
7	Michaelo, Ambaar	15	KENYA-ZZ	36.44
8	Valenza, Francesca	16	ZAM	36.56
9	Chipwayambokoma, Kop	15	ZAM	38.88
10	Nobrega, Catarina	15	ANG	39.32

## #38 Men 15-16 50 Meter Back

Name	Age	Team	Finals Time	
1	Francisco, Daniel	15	ANG	30.45
2	Scheepers, Junaid A	16	RSA	30.64
3	Tavares, Jalik L	16	MOZ	30.75
4	Peres, Yohan	16	MAU	31.02
5	Berning, Chad T	15	BOTS	31.06
6	Ndonga, Emmanuel C	15	KENYA-ZZ	32.36
7	Vilela, Maglon	16	ANG	32.77
8	Mataka, Mapalo J	16	ZAM	33.18
9	Chetty, Sachin	15	RSA	34.17
10	Ssempe, Josiah Kasaale	16	UGA	38.42

## #39 Women 17&amp;O 50 Meter Back

Name	Age	Team	Finals Time	
1	Stagno, Gessica	21	MOZ	32.59
2	Nobrega, Ana	24	ANG	33.52
3	Poo Cheong, Elodie	18	MAU	33.98
4	Lima, Yara	20	ANG	34.41
5	Ebineng, Seabe	18	BOTS	34.47
6	Barr, Poppy L	17	ZAM	36.57

## #40 Men 17&amp;O 50 Meter Back

Name	Age	Team	Finals Time	
1	Mogne, Igor A	18	MOZ	27.99
2	Fernandes, Márcio	17	ANG	29.67
*3	Ndinofina, Berjo	18	ANG	29.93
*3	da Costa, Denilson	17	MOZ	29.93
5	Ntaka, Sphephelo O	18	RSA	30.72
6	Mosue, Mpumelelo N	17	RSA	31.84
7	Pragassa, Tory	18	KENYA-ZZ	32.88
8	Latife, Riyaz	21	ZAM	34.20
9	Sililo, Mmbalo S	26	ZAM	34.25

## #41 Women 12&amp;U 200 Meter Free

Name	Age	Team	Finals Time	
1	Foo Sem Fah, Leah	12	MAU	2:24.80
2	Lange, Jenna-Lee	12	RSA	2:25.38
3	Pinfold, Sacha	12	ZAM	2:28.08
4	Pinfold, Illizane	11	ZAM	2:33.53
5	Blaisse, Jeanne S	12	RSA	2:36.28
6	Munhameze, Domingas C	12	MOZ	2:37.94
7	Cottar, Ella	12	KENYA-ZZ	2:38.45
8	Prashant, Smriti	12	TAN	2:40.30
9	Kimani, Jasmin W	11	KENYA-ZZ	2:42.06
10	Kovacevic, Tamara	12	BOTS	2:45.72
11	Coelho, Eliane	11	ANG	2:51.56
12	Mathews, Tselane	11	BOTS	3:01.65

13 Cahombo, Mélvire 12 ANG 3:18.95

## #42 Men 12&amp;U 200 Meter Free

Name	Age	Team	Finals Time	
1	Rumball, Brandon	11	ZAM	2:23.30
2	Bekker, Andile	12	BOTS	2:23.93
3	Maseko, Felix F	12	RSA	2:24.55
4	Gordo, Salvador	12	ANG	2:26.12
5	Van Rooijen, Ivan	12	RSA	2:26.62
6	Roest, Edward	12	KENYA-ZZ	2:31.65
7	Kabuye, Adnan	12	UGA	2:33.06
8	Fischer, Ethan	12	BOTS	2:41.01
9	Sepetu, Isam	10	ZAM	2:42.54
10	Pina, Nataniel	12	ANG	2:53.85
11	Nightingale, Ted	11	KENYA-ZZ	2:54.61

## #43 Women 13-14 200 Meter Free

Name	Age	Team	Finals Time	
1	IP Hen Cheung, Tessa	14	MAU	2:18.17
2	Lim AH Tock, Layne	13	MAU	2:18.30
3	Buys, Johanna J	14	ZAM	2:20.40
4	Okumu, Virginia	14	KENYA-ZZ	2:21.28
5	Thorpe, Imara Bella	14	KENYA-ZZ	2:21.40
6	Jarvis, Erin S	14	RSA	2:24.11
7	Duke, Dante	14	BOTS	2:24.66
8	Smit, Jesica S	14	RSA	2:25.70
9	Lewis, Kasia	14	ZAM	2:30.16
10	Nascimento, Vanelsa	14	ANG	2:33.25
11	Oosterhuis, Josephine	14	TAN	2:39.10
12	Mabasso, Denise A	14	MOZ	2:41.03
13	De Jesus, Cassandra	13	BOTS	2:42.48
14	Caloiaro, Sylvia	14	TAN	2:43.31
15	Lima, Lia	13	ANG	2:46.47

## #44 Men 13-14 200 Meter Free

Name	Age	Team	Finals Time	
1	Freeman, James	14	BOTS	2:08.77
2	Pinfold, Adam B	14	ZAM	2:10.37
3	Saleh, Nabil Ahmed	13	UGA	2:15.14
4	Omondi, Alvin	13	KENYA-ZZ	2:15.96
5	Groenewald, Andre H	14	RSA	2:16.97
6	Lutchmanen, Varen	13	MAU	2:17.48
7	Smit, Naested	14	RSA	2:18.05
8	Cuna, Érico M	14	MOZ	2:19.31
9	Purahoo, Ovesh	13	MAU	2:21.57
10	Ambala, Atuhaire Ogola	14	UGA	2:24.28
11	Sailboko, Collins	13	TAN	2:24.69
12	Jáco, Cristopher	14	ANG	2:25.09
13	Bekker, Zinhle	13	BOTS	2:25.18
14	Mascarenhas, Henrique	13	ANG	2:29.84
15	Ismail, Altaaf	14	ZAM	2:38.73

## #45 Women 15-16 200 Meter Free

Name	Age	Team	Finals Time	
1	Meier, Danè	16	RSA	2:16.47
2	Wong Woon, Chong	15	MAU	2:19.29
3	Blokker, Danita	16	BOTS	2:20.70
4	Sousa, Catarina	15	ANG	2:24.75
5	Cossa, Gisela	15	MOZ	2:24.77

6	Mohabir, Yogita	15	RSA	2:27.49
7	Michaelo, Ambaar	15	KENYA-ZZ	2:29.95
8	Nobrega, Catarina	15	ANG	2:31.01
9	Gander, Colleen	15	ZAM	2:39.23
10	Valenza, Francesca	16	ZAM	2:40.92

## #46 Men 15-16 200 Meter Free

Name	Age	Team	Finals Time	
1	Peres, Yohan	16	MAU	2:05.28
2	Stoltz, Reuben	16	RSA	2:05.45
3	Scheepers, Junaid A	16	RSA	2:10.05
4	Berning, Chad T	15	BOTS	2:12.39
5	Wamarema, Andrew	16	KENYA-ZZ	2:15.67
6	Mataka, Mapalo J	16	ZAM	2:16.77
7	Francisco, Daniel	15	ANG	2:19.14
8	Ndonga, Emmanuel C	15	KENYA-ZZ	2:21.21
9	Vilela, Maglon	16	ANG	2:24.22
10	Tavares, Jalik L	16	MOZ	2:25.74

## #47 Women 17&amp;O 200 Meter Free

Name	Age	Team	Finals Time	
1	Poo Cheong, Elodie	18	MAU	2:11.70
2	Nobrega, Ana	24	ANG	2:13.10
3	Stagno, Gessica	21	MOZ	2:16.32
4	Lima, Yara	20	ANG	2:18.12
5	Hadebe, Khethiwe U	17	RSA	2:29.39
6	Barr, Poppy L	17	ZAM	2:31.46
---	Ebineng, Seabe	18	BOTS	DQ

## #48 Men 17&amp;O 200 Meter Free

Name	Age	Team	Finals Time	
1	Pinotes, Pedro	26	ANG	1:54.23
2	Mogne, Igor A	18	MOZ	1:55.96
3	Mosue, Mpumelelo N	17	RSA	2:08.58
4	Pillay, Deshaan R	17	RSA	2:12.11
5	Ndinofina, Berjo	18	ANG	2:12.14
6	da Costa, Denilson	17	MOZ	2:15.32

## #49 Women 12&amp;U 50 Meter Fly

Name	Age	Team	Finals Time	
1	Seyffert, Tailyne	12	RSA	32.55
2	Lange, Jenna-Lee	12	RSA	32.88
3	Pinfold, Sacha	12	ZAM	32.89
4	Phiri, Mia A	12	ZAM	33.69
5	IP Hen Chueng, Trisha	12	MAU	33.82
6	Foo Sem Fah, Leah	12	MAU	33.94
7	Nguyen, Komie	12	ANG	34.89
8	Prashant, Smriti	12	TAN	35.00
9	Cahombo, Mélvire	12	ANG	35.31
10	Cottar, Ella	12	KENYA-ZZ	36.32
11	Kovacevic, Tamara	12	BOTS	37.13
12	Kimani, Jasmin W	11	KENYA-ZZ	38.25
13	Potgieter, Monique	11	BOTS	39.96

## #50 Men 12&amp;U 50 Meter Fly

Name	Age	Team	Finals Time	
1	Gordo, Salvador	12	ANG	30.21
2	Rumball, Brandon	11	ZAM	32.53
3	Mukalazi, Tendo	12	UGA	32.61

## 2015 Cana Zone IV Swimming Champs-Luanda - 06/05/2015 to 09/06/2015

## Results

## #50 Men 12&amp;U 50 Meter Fly

4	Roest, Edward	12	KENYA-ZZ	33.07
5	Maseko, Felix F	12	RSA	33.17
6	Fischer, Ethan	12	BOTS	33.25
7	Van Rooijen, Ivan	12	RSA	33.40
8	Tabuka, Thomas	11	KENYA-ZZ	33.70
9	Almeida, Muassiri	12	ANG	34.98
10	Sepetu, Isam	10	ZAM	36.80
11	Lothrop, Russell	12	BOTS	37.73

## #51 Women 13-14 50 Meter Fly

Name	Age	Team	Finals Time	
1	Buyis, Johanna J	14	ZAM	31.17
2	Thorpe, Imara Bella	14	KENYA-ZZ	31.37
3	Donker, Fleur	14	ZAM	31.67
4	Belcher, Emily	14	KENYA-ZZ	31.93
5	Koenig, Camille	13	MAU	32.53
6	Oosterhuis, Josephine	14	TAN	32.88
7	Smit, Jessica S	14	RSA	33.05
8	Nascimento, Vanelisa	14	ANG	33.11
9	Duke, Dante	14	BOTS	33.68
10	Van Jaarsveld, Sune	13	RSA	33.82
11	Lima, Lia	13	ANG	34.50
12	Caloiaro, Sylvia	14	TAN	38.30
13	De Jesus, Cassandra	13	BOTS	38.33
14	Mabasso, Denise A	14	MOZ	40.10

## #52 Men 13-14 50 Meter Fly

Name	Age	Team	Finals Time	
1	Cuna, Érico M	14	MOZ	27.18
2	Smit, Naested	14	RSA	28.16
3	Pinfold, Adam B	14	ZAM	28.58
4	Freeman, James	14	BOTS	28.69
5	Talib, Swaleh	14	KENYA-ZZ	29.06
6	Omondi, Alvin	13	KENYA-ZZ	29.63
7	Saleh, Nabil Ahmed	13	UGA	29.69
8	Costa, Luyane	14	ANG	29.89
9	Kurukulasooriya, Gihan	14	BOTS	30.03
10	Sailboko, Collins	13	TAN	30.69
11	Kok Shun, Ryan	13	MAU	30.80
12	Rainsford, Antonie C	13	ZAM	31.02
13	Goslin, Matthew K	14	RSA	31.43
14	Saleh, Fadhil Thabit	13	UGA	32.01
15	Mascarenhas, Henrique	13	ANG	33.17
---	Virgilio, Filpert	14	ANG	X31.69

## #53 Women 15-16 50 Meter Fly

Name	Age	Team	Finals Time	
1	Auckburaullee, Annah	15	MAU	30.18
2	Manchest, Amber R	15	RSA	30.52
3	Wong Woon, Chong	15	MAU	31.01
4	Sousa, Catarina	15	ANG	31.17
5	Mohabir, Yogita	15	RSA	32.36
6	Cossa, Gisela	15	MOZ	32.85
7	Blokker, Danita	16	BOTS	33.37
8	Evans, Kira	15	KENYA-ZZ	33.54
9	Nobrega, Catarina	15	ANG	33.91

10	Michaelo, Ambaar	15	KENYA-ZZ	34.75
11	Valenza, Francesca	16	ZAM	35.45
12	Chipwayambokoma, Kop	15	ZAM	35.89

## #54 Men 15-16 50 Meter Fly

Name	Age	Team	Finals Time	
1	Scheepers, Junaid A	16	RSA	26.63
2	Stoltz, Reuben	16	RSA	27.20
3	Francisco, Daniel	15	ANG	27.46
4	Tavares, Jalik L	16	MOZ	27.58
5	Berning, Chad T	15	BOTS	28.39
6	Peres, Yohan	16	MAU	29.01
7	Mataka, Mapalo J	16	ZAM	29.64
8	Ndonga, Emmanuel C	15	KENYA-ZZ	30.14
9	Chung Yee, Jonathan	16	MAU	30.27
10	Paulo, Bráulio	15	ANG	30.47
11	Wamarema, Andrew	16	KENYA-ZZ	31.02
12	Ssempta, Josiah Kasaale	16	UGA	32.67
13	McDonald, Ross	16	ZAM	34.64
---	Nunes, Helio	16	ANG	X29.85

## #55 Women 17&amp;O 50 Meter Fly

Name	Age	Team	Finals Time	
1	Poo Cheong, Elodie	18	MAU	28.85
2	Nobrega, Ana	24	ANG	29.65
3	Stagno, Gessica	21	MOZ	30.41
4	Hadebe, Khethiwe U	17	RSA	32.01
5	Lima, Yara	20	ANG	33.03
6	Ebineng, Seabe	18	BOTS	33.69
7	Barr, Poppy L	17	ZAM	33.70
8	Paljk, Tilka	18	ZAM	34.01
9	Meya, Avicé	20	UGA	34.58

## #56 Men 17&amp;O 50 Meter Fly

Name	Age	Team	Finals Time	
1	Mogne, Igor A	18	MOZ	26.20
2	Aguiar, João	31	ANG	26.65
3	Pragassa, Tory	18	KENYA-ZZ	27.17
4	da Costa, Denilson	17	MOZ	27.18
5	Ntaka, Sphephelo O	18	RSA	27.46
6	Ndonga, Samuel K	17	KENYA-ZZ	27.64
7	Fernandes, Márcio	17	ANG	27.65
8	Mosue, Mpumelelo N	17	RSA	27.91
9	Sililo, Mmbalo S	26	ZAM	30.84
10	Latife, Riyaz	21	ZAM	30.92

## #57 Women 14&amp;U 400 Meter Free Relay

Team	Relay	Finals Time	
1	MAU	A	4:20.34
	IP Hen Cheung, Tessa 14	Lim AH Tock, Layne 13	
	Koenig, Camille 13	Tang Yan, Aurelie 13	
2	RSA	A	4:23.98
	Smit, Jessica S 14	Lange, Jenna-Lee 12	
	Blaisse, Jeanne S 12	Jarvis, Erin S 14	
3	KENYA-ZZ	A	4:25.25
	Okumu, Virginia 14	Geheb, Kiira 13	
	Belcher, Emily 14	Thorpe, Imara Bella 14	

4	ZAM	A	4:25.31
	Lewis, Kasia 14	Pinfold, Sacha 12	
	Donker, Fleur 14	Buyis, Johanna J 14	
5	BOTS	A	5:01.67
	Kovacevic, Tamara 12	Mathews, Tselane 11	
	De Jesus, Cassandra 13	Duke, Dante 14	
6	ANG	A	5:03.05
	Nascimento, Vanelisa 14	Nguyen, Komay 14	
	Lima, Lia 13	Silva, Karina 13	

## #58 Men 14&amp;U 400 Meter Free Relay

Team	Relay	Finals Time	
1	RSA	A	4:08.63
	Groenewald, Andre H 14	Ramaala, Alex A 14	
	Goslin, Matthew K 14	Smit, Naested 14	
2	ZAM	A	4:15.82
	Pinfold, Adam B 14	Mulenga, Mutale 14	
	McDonald, Iain D 14	Rainsford, Antonie C 13	
3	UGA	A	4:18.88
	Saleh, Fadhil Thabit 13	Kabuye, Adnan 12	
	Ambala, Atuhaire Ogola 14	Saleh, Nabil Ahmed 13	
4	BOTS	A	4:20.48
	Kurukulasooriya, Gihan 14	Fischer, Ethan 12	
	Bekker, Andile 12	Freeman, James 14	
5	KENYA-ZZ	A	4:20.78
	Omondi, Alvin 13	Tabuka, Thomas 11	
	Talib, Swaleh 14	Roest, Edward 12	
6	ANG	A	4:23.35
	Mascarenhas, Henrique 13	Habobot, Nuno 14	
	Costa, Luyane 14	Jáco, Christopher 14	

## #59 Women 15&amp;O 400 Meter Free Relay

Team	Relay	Finals Time	
1	ANG	A	4:17.88
	Lima, Yara 20	Nobrega, Catarina 15	
	Sousa, Catarina 15	Nobrega, Ana 24	
2	RSA	A	4:23.18
	Meier, Danè 16	Abrahams, Ammaarah 16	
	Hadebe, Khethiwe U 17	Mohabir, Yogita 15	
3	MOZ	A	4:31.10
	Stagno, Gessica 21	Cossa, Gisela 15	
	Mabasso, Denise A 14	Munhameze, Domingas C 14	
4	ZAM	A	4:33.24
	Paljk, Tilka 18	Gander, Colleen 15	
	Barr, Poppy L 17	Valenza, Francesca 16	
5	KENYA-ZZ	A	4:44.56
	Evans, Kira 15	Ostman, Emilia 15	
	Nightingale, Menina 13	Michaelo, Ambaar 15	

## #60 Men 15&amp;O 400 Meter Free Relay

Team	Relay	Finals Time	
1	ANG	A	3:44.05
	Aguiar, João 31	Ndinofina, Berjo 18	
	Fernandes, Márcio 17	Pinotes, Pedro 26	
2	MOZ	A	3:46.50
	Mogne, Igor A 18	da Costa, Denilson 17	
	Cuna, Érico M 14	Tavares, Jalik L 16	
3	RSA	A	3:50.36
	Mosue, Mpumelelo N 17	Stoltz, Reuben 16	
	Ntaka, Sphephelo O 18	Scheepers, Junaid A 16	

## 2015 Cana Zone IV Swimming Champs-Luanda - 06/05/2015 to 09/06/2015

## Results

## #60 Men 15&amp;O 400 Meter Free Relay

4	KENYA-ZZ	A	3:58.45
	Wamarema, Andrew 16	Ndonga, Emmanuel C 15	
	Pragassa, Tory 18	Ndonga, Samuel K 17	
5	MAU	A	4:02.90
	Peres, Yohan 16	Lutchmanen, Varen 13	
	Lim Chou Sang, Johan 18	Purahoo, Ovesh 13	
6	ZAM	A	4:11.55
	Sililo, Mmbalo S 26	Latife, Riyaz 21	
	Mataka, Mapalo J 16	Shone, Matthew 22	

## #61 Women 14&amp;U 400 Meter Free

Name	Age	Team	Finals Time
1	Lim AH Tock, Layne	13 MAU	4:52.53
2	Okumu, Virginia	14 KENYA-ZZ	4:53.14
3	Smit, Jessica S	14 RSA	5:00.67
4	Buys, Johanna J	14 ZAM	5:05.31
5	Donker, Fleur	14 ZAM	5:05.49
6	Jarvis, Erin S	14 RSA	5:13.37
7	Munhameze, Domingas C	12 MOZ	5:34.08
8	De Jesus, Cassandra	13 BOTS	5:35.15
9	Kovacevic, Tamara	12 BOTS	5:40.16
10	Nightingale, Menina	13 KENYA-ZZ	5:41.40
11	Mabasso, Denise A	14 MOZ	5:44.61
12	Nascimento, Vanelsa	14 ANG	5:52.86
13	Silva, Karina	13 ANG	5:55.02
14	Caloiaro, Sylvia	14 TAN	5:56.18

## #62 Men 14&amp;U 400 Meter Free

Name	Age	Team	Finals Time
1	Freeman, James	14 BOTS	4:34.86
2	Kok Shun, Ryan	13 MAU	4:49.93
3	Smit, Naested	14 RSA	4:50.83
4	Groenewald, Andre H	14 RSA	4:53.69
5	Lutchmanen, Varen	13 MAU	4:55.69
6	Saleh, Nabil Ahmed	13 UGA	5:02.90
7	Ambala, Atuhaire Ogola	14 UGA	5:04.17
8	Bekker, Zinhle	13 BOTS	5:06.97
9	Costa, Luyane	14 ANG	5:11.63
10	Rumball, Brandon	11 ZAM	5:12.30
11	Sailboko, Collins	13 TAN	5:12.42
12	Mascarenhas, Henrique	13 ANG	5:18.75
13	Ismail, Altaaf	14 ZAM	5:33.25
14	Nightingale, Ted	11 KENYA-ZZ	6:22.03

## #63 Women 15&amp;O 400 Meter Free

Name	Age	Team	Finals Time
1	Nobrega, Ana	24 ANG	4:46.16
2	Meier, Danè	16 RSA	4:47.82
3	Lima, Yara	20 ANG	4:59.25
4	Stagno, Gessica	21 MOZ	5:05.89
5	Hadebe, Khethiwe U	17 RSA	5:12.56
6	Cossa, Gisela	15 MOZ	5:17.31
7	Ostman, Emilia	15 KENYA-ZZ	5:26.55
8	Michaelo, Ambaar	15 KENYA-ZZ	5:29.07
9	Barr, Poppy L	17 ZAM	5:31.56
10	Meya, Avice	20 UGA	7:14.28

## #64 Men 15&amp;O 400 Meter Free

Name	Age	Team	Finals Time
1	Pinotes, Pedro	26 ANG	4:07.15
2	Mogne, Igor A	18 MOZ	4:09.51
3	Stoltz, Reuben	16 RSA	4:35.60
4	Pillay, Deshaan R	17 RSA	4:37.72
5	Berning, Chad T	15 BOTS	4:45.20
6	Fernandes, Richard	19 ANG	5:00.45
7	Mataka, Mapalo J	16 ZAM	5:07.17
8	McDonald, Ross	16 ZAM	5:36.92

## #65 Women 12&amp;U 100 Meter Fly

Name	Age	Team	Finals Time
1	Pinfold, Sacha	12 ZAM	1:16.27
2	Foo Sem Fah, Leah	12 MAU	1:16.42
3	IP Hen Chueng, Trisha	12 MAU	1:18.52
4	Seyffert, Tailyn	12 RSA	1:20.72
5	Phiri, Mia A	12 ZAM	1:21.31
6	Prashant, Smriti	12 TAN	1:29.79
7	Munhameze, Domingas C	12 MOZ	1:30.07
8	Kimani, Jasmin W	11 KENYA-ZZ	1:33.43
9	Nguyen, Komie	12 ANG	1:34.98
10	Cahombo, Mélvire	12 ANG	1:38.14

## #66 Men 12&amp;U 100 Meter Fly

Name	Age	Team	Finals Time
1	Gordo, Salvador	12 ANG	1:12.59
2	Maseko, Felix F	12 RSA	1:15.91
3	Mukalazi, Tendo	12 UGA	1:16.95
4	Almeida, Muassiri	12 ANG	1:21.81
*5	Roest, Edward	12 KENYA-ZZ	1:21.99
*5	Opande, Jono Per	11 KENYA-ZZ	1:21.99
7	Bekker, Andile	12 BOTS	1:23.32
8	Sepetu, Isam	10 ZAM	1:25.10
9	Rusford, Enoch J	12 RSA	1:25.76
10	Fischer, Ethan	12 BOTS	1:25.96
11	Hyslop, Brandon T	11 ZAM	1:34.44
---	Freitas, Filipe	10 ANG	X1:44.27

## #67 Women 13-14 100 Meter Fly

Name	Age	Team	Finals Time
1	Donker, Fleur	14 ZAM	1:11.23
2	Thorpe, Imara Bella	14 KENYA-ZZ	1:11.73
3	Belcher, Emily	14 KENYA-ZZ	1:14.89
4	Smit, Jessica S	14 RSA	1:14.97
5	Van Jaarsveld, Sune	13 RSA	1:17.72
6	Nascimento, Vanelsa	14 ANG	1:24.59
7	Hassen-Weltin, Shanni	14 ZAM	1:25.74
8	Silva, Karina	13 ANG	1:26.31
9	Caloiaro, Sylvia	14 TAN	1:32.70
10	De Jesus, Cassandra	13 BOTS	1:35.14

## #68 Men 13-14 100 Meter Fly

Name	Age	Team	Finals Time
1	Freeman, James	14 BOTS	1:05.01
2	Smit, Naested	14 RSA	1:05.35
3	Cuna, Érico M	14 MOZ	1:06.78
4	Talib, Swaleh	14 KENYA-ZZ	1:07.26

5	Saleh, Nabil Ahmed	13 UGA	1:07.70
6	Omondi, Alvin	13 KENYA-ZZ	1:07.84
7	Costa, Luyane	14 ANG	1:08.72
8	Kurukulasooriya, Gihan	14 BOTS	1:10.36
9	Ramaala, Alex A	14 RSA	1:10.59
10	Sailboko, Collins	13 TAN	1:10.98
11	Saleh, Fadhil Thabit	13 UGA	1:11.98
12	Rainsford, Antonie C	13 ZAM	1:16.10
13	Mascarenhas, Henrique	13 ANG	1:18.42

## #69 Women 15-16 100 Meter Fly

Name	Age	Team	Finals Time
1	Wong Woon, Chong	15 MAU	1:07.70
2	Auckburaullee, Annah	15 MAU	1:10.20
3	Meier, Danè	16 RSA	1:11.04
4	Sousa, Catarina	15 ANG	1:12.80
5	Manchest, Amber R	15 RSA	1:14.39
6	Cossa, Gisela	15 MOZ	1:16.05
7	Blokker, Danita	16 BOTS	1:16.11
8	Evans, Kira	15 KENYA-ZZ	1:19.48
9	Ramos, Natércia	15 ANG	1:24.64
10	Chipwayambokoma, Kop	15 ZAM	1:31.82
11	Valenza, Francesca	16 ZAM	1:32.12

## #70 Men 15-16 100 Meter Fly

Name	Age	Team	Finals Time
1	Scheepers, Junaid A	16 RSA	1:00.81
2	Stoltz, Reuben	16 RSA	1:01.04
3	Berning, Chad T	15 BOTS	1:02.17
4	Francisco, Daniel	15 ANG	1:02.50
5	Tavares, Jalik L	16 MOZ	1:03.76
6	Peres, Yohan	16 MAU	1:04.61
7	Chung Yee, Jonathan	16 MAU	1:06.87
8	Mataka, Mapalo J	16 ZAM	1:07.37
9	Chagas, Elmano	15 ANG	1:08.16
10	Ssempe, Josiah Kasaale	16 UGA	1:22.36

## #71 Women 17&amp;O 100 Meter Fly

Name	Age	Team	Finals Time
1	Nobrega, Ana	24 ANG	1:05.67
2	Poo Cheong, Elodie	18 MAU	1:05.78
3	Stagno, Gessica	21 MOZ	1:07.79
4	Hadebe, Khethiwe U	17 RSA	1:13.91
5	Lima, Yara	20 ANG	1:16.33

## #72 Men 17&amp;O 100 Meter Fly

Name	Age	Team	Finals Time
1	Pinotes, Pedro	26 ANG	57.02
2	Mogne, Igor A	18 MOZ	57.50
3	Ntaka, Sphephelo O	18 RSA	1:02.38
4	Mosue, Mpumelelo N	17 RSA	1:06.31
5	Ndinofina, Berjo	18 ANG	1:10.59
6	Shone, Matthew	22 ZAM	1:12.19
7	Latife, Riyaz	21 ZAM	1:18.28
---	da Costa, Denilson	17 MOZ	DQ

## #73 Women 12&amp;U 200 Meter Back

Name	Age	Team	Finals Time
1	Seyffert, Tailyn	12 RSA	2:40.73

## 2015 Cana Zone IV Swimming Champs-Luanda - 06/05/2015 to 09/06/2015

## Results

## #73 Women 12&amp;U 200 Meter Back

Name	Age	Team	Finals Time
2 Pinfold, Sacha	12	ZAM	2:43.17
3 Blaisse, Jeanne S	12	RSA	2:49.78
4 Foo Sem Fah, Leah	12	MAU	2:52.84
5 Phiri, Mia A	12	ZAM	3:00.45
6 Kovacevic, Tamara	12	BOTS	3:06.00
7 Munhameze, Domingas C	12	MOZ	3:06.23
8 IP Hen Chueng, Trisha	12	MAU	3:12.16
9 Mathews, Tselane	11	BOTS	3:13.23
10 Cahombo, Mélvire	12	ANG	3:34.63
11 Coelho, Eliane	11	ANG	3:35.77

## #74 Men 12&amp;U 200 Meter Back

Name	Age	Team	Finals Time
1 Roest, Edward	12	KENYA-ZZ	2:42.30
2 Rumball, Brandon	11	ZAM	2:43.53
3 Kabuye, Adnan	12	UGA	2:47.81
4 Gordo, Salvador	12	ANG	2:47.82
5 Maseko, Felix F	12	RSA	2:48.31
6 Bekker, Andile	12	BOTS	2:48.56
7 Rusford, Enoch J	12	RSA	2:54.08
8 Mukalazi, Tendo	12	UGA	2:59.72
9 Nightingale, Ted	11	KENYA-ZZ	3:07.25
10 Fischer, Ethan	12	BOTS	3:08.70
11 Pires, Victor	12	ANG	3:13.79

## #75 Women 13-14 200 Meter Back

Name	Age	Team	Finals Time
1 Koenig, Camille	13	MAU	2:37.00
2 Donker, Fleur	14	ZAM	2:38.50
3 Smit, Jessica S	14	RSA	2:38.67
4 Thorpe, Imara Bella	14	KENYA-ZZ	2:42.01
5 Hassen-Weltin, Shanni	14	ZAM	2:43.43
6 Okumu, Virginia	14	KENYA-ZZ	2:48.19
7 Jarvis, Erin S	14	RSA	2:48.63
8 Nascimento, Vanelisa	14	ANG	3:02.94
9 De Jesus, Cassandra	13	BOTS	3:06.27
10 Silva, Karina	13	ANG	3:16.61

## #76 Men 13-14 200 Meter Back

Name	Age	Team	Finals Time
1 Pinfold, Adam B	14	ZAM	2:25.26
2 Groenewald, Andre H	14	RSA	2:27.14
3 Talib, Swaleh	14	KENYA-ZZ	2:31.94
4 Cuna, Érico M	14	MOZ	2:32.33
5 Ambala, Atuhairé Ogola	14	UGA	2:38.81
6 Omondi, Alvin	13	KENYA-ZZ	2:40.36
7 Costa, Luyane	14	ANG	2:40.95
8 Ramaala, Alex A	14	RSA	2:41.99
9 Saleh, Nabil Ahmed	13	UGA	2:42.88
10 Kok Shun, Ryan	13	MAU	2:43.46
11 Freeman, James	14	BOTS	2:45.31
12 McDonald, Iain D	14	ZAM	2:47.29
13 Bekker, Zinhle	13	BOTS	3:00.73
14 Mascarenhas, Henrique	13	ANG	3:01.14

## #77 Women 15-16 200 Meter Back

Name	Age	Team	Finals Time
1 Cossa, Gisela	15	MOZ	2:38.19
2 Evans, Kira	15	KENYA-ZZ	2:40.84
3 Sousa, Catarina	15	ANG	2:42.30
4 Michaelo, Ambaar	15	KENYA-ZZ	2:51.43
5 Abrahams, Ammaarah	16	RSA	2:53.20
6 Ribeiro, Nayara	16	ANG	2:59.99
7 Valenza, Francesca	16	ZAM	3:02.01
8 Chipwayambokoma, Kop	15	ZAM	3:13.40

## #78 Men 15-16 200 Meter Back

Name	Age	Team	Finals Time
1 Berning, Chad T	15	BOTS	2:27.38
2 Tavares, Jalik L	16	MOZ	2:32.09
3 Chagas, Elmano	15	ANG	2:55.42
--- Francisco, Daniel	15	ANG	DQ

## #80 Men 17&amp;O 200 Meter Back

Name	Age	Team	Finals Time
1 Mogne, Igor A	18	MOZ	2:18.31
2 Ndinofina, Berjo	18	ANG	2:25.85
3 Alberto, Carlos	22	ANG	2:29.01
4 Ntaka, Sphophelo O	18	RSA	2:32.39
5 da Costa, Denilson	17	MOZ	2:42.06
6 Pillay, Deshaan R	17	RSA	2:44.63

## #81 Women 12&amp;U 100 Meter Breast

Name	Age	Team	Finals Time
1 Seyffert, Tailyn	12	RSA	1:24.42
2 Foo Sem Fah, Leah	12	MAU	1:27.31
3 Lange, Jenna-Lee	12	RSA	1:28.52
4 Prashant, Smriti	12	TAN	1:30.03
5 Potgieter, Monique	11	BOTS	1:30.80
6 Cottar, Ella	12	KENYA-ZZ	1:32.45
7 Munhameze, Domingas C	12	MOZ	1:36.67
8 Maistrellis, Siona	11	ZAM	1:36.80
9 Kovacevic, Tamara	12	BOTS	1:37.14
10 Namutebi, Kirabo	10	UGA	1:39.48
11 Kimani, Jasmin W	11	KENYA-ZZ	1:39.70
12 Chibiya, Temwani A	11	ZAM	1:39.72
13 Cahombo, Mélvire	12	ANG	1:42.33
14 Coelho, Eliane	11	ANG	1:43.64

## #82 Men 12&amp;U 100 Meter Breast

Name	Age	Team	Finals Time
1 Fischer, Ethan	12	BOTS	1:23.40
2 Opande, Jono Per	11	KENYA-ZZ	1:25.76
3 Abrahams, Irshād I	12	RSA	1:26.42
4 Gordo, Salvador	12	ANG	1:27.45
5 Rusford, Enoch J	12	RSA	1:28.16
6 Bekker, Andile	12	BOTS	1:30.16
7 Teixeira, Francisco	12	ANG	1:30.78
8 Kabuye, Adnan	12	UGA	1:31.74
9 Tabuka, Thomas	11	KENYA-ZZ	1:32.56
10 Mukalazi, Tendo	12	UGA	1:32.60
11 Hyslop, Brandon T	11	ZAM	1:36.12

## #83 Women 13-14 100 Meter Breast

Name	Age	Team	Finals Time
1 IP Hen Cheung, Tessa	14	MAU	1:20.80
2 Buys, Johanna J	14	ZAM	1:20.86
3 Van Jaarsveld, Sune	13	RSA	1:23.87
4 Oosterhuis, Josephine	14	TAN	1:24.11
5 Smit, Jessica S	14	RSA	1:24.42
6 Lewis, Kasia	14	ZAM	1:24.89
7 Tang Yan, Aurelie	13	MAU	1:26.44
8 Duke, Dante	14	BOTS	1:27.63
9 Okumu, Virginia	14	KENYA-ZZ	1:31.06
10 Thorpe, Imara Bella	14	KENYA-ZZ	1:31.87
11 Caloiaro, Sylvia	14	TAN	1:33.69
12 Pedro, Erykah	14	ANG	1:40.41
13 Coelho, Daniela	13	ANG	1:43.20
14 De Jesus, Cassandra	13	BOTS	1:49.67

## #84 Men 13-14 100 Meter Breast

Name	Age	Team	Finals Time
1 Lutchmanen, Varen	13	MAU	1:14.05
2 Goslin, Matthew K	14	RSA	1:14.52
3 Ramaala, Alex A	14	RSA	1:16.45
4 Pinfold, Adam B	14	ZAM	1:18.47
5 Freeman, James	14	BOTS	1:18.78
6 Purahoo, Ovesh	13	MAU	1:19.32
7 Kurukulasooriya, Gihan	14	BOTS	1:20.77
8 Mulenga, Mutale	14	ZAM	1:26.64
9 Ambala, Atuhairé Ogola	14	UGA	1:27.13
10 Jáco, Christopher	14	ANG	1:28.54
11 Mascarenhas, Henrique	13	ANG	1:30.72

## #85 Women 15-16 100 Meter Breast

Name	Age	Team	Finals Time
1 Cipic, Maria	15	ANG	1:18.75
2 Abrahams, Ammaarah	16	RSA	1:19.56
3 Ostman, Emilia	15	KENYA-ZZ	1:24.54
4 Ribeiro, Nayara	16	ANG	1:25.49
5 Cossa, Gisela	15	MOZ	1:28.01
6 Meier, Danè	16	RSA	1:28.08
7 Muller, Caitlyn	16	ZAM	1:40.50
8 Latife, Jordana	15	ZAM	1:40.75

## #86 Men 15-16 100 Meter Breast

Name	Age	Team	Finals Time
1 Chung Yee, Jonathan	16	MAU	1:10.80
2 Chetty, Sachin	15	RSA	1:12.63
3 Francisco, Daniel	15	ANG	1:14.16
4 Tavares, Jalik L	16	MOZ	1:16.48
5 Wamarema, Andrew	16	KENYA-ZZ	1:20.23
6 Paulo, Bráulio	15	ANG	1:21.45
7 Berning, Chad T	15	BOTS	1:23.31
8 McDonald, Ross	16	ZAM	1:24.80
9 Ssempe, Josiah Kasaale	16	UGA	1:35.02

## #87 Women 17&amp;O 100 Meter Breast

Name	Age	Team	Finals Time
1 Poo Cheong, Elodie	18	MAU	1:18.31
2 Paljk, Tilka	18	ZAM	1:18.64

## 2015 Cana Zone IV Swimming Champs-Luanda - 06/05/2015 to 09/06/2015

## Results

## #87 Women 17&amp;O 100 Meter Breast

3	Stagno, Gessica	21	MOZ	1:25.45
4	Henriques, Mariana	21	ANG	1:27.07
5	Barr, Poppy L	17	ZAM	1:29.66
6	Costa, Daniela	18	ANG	1:35.41
7	Meza, Avíce	20	UGA	1:39.10

## #88 Men 17&amp;O 100 Meter Breast

Name	Age	Team	Finals Time	
1	Pinotes, Pedro	26	ANG	1:06.42
2	Pragassa, Tory	18	KENYA-ZZ	1:08.10
3	Shone, Matthew	22	ZAM	1:12.69
4	Aguiar, João	31	ANG	1:13.79
5	Ntaka, Sphephelo O	18	RSA	1:14.17
6	Ndonga, Samuel K	17	KENYA-ZZ	1:16.81
7	Pillay, Deshaan R	17	RSA	1:17.49
8	Latife, Riyaz	21	ZAM	1:25.37

## #89 Women 12&amp;U 50 Meter Free

Name	Age	Team	Finals Time	
1	Lange, Jenna-Lee	12	RSA	29.46
2	Blaisse, Jeanne S	12	RSA	29.81
3	Phiri, Mia A	12	ZAM	30.20
4	Pinfold, Sacha	12	ZAM	30.61
5	Prashant, Smriti	12	TAN	31.06
6	Foo Sem Fah, Leah	12	MAU	31.46
*7	Potgieter, Monique	11	BOTS	32.00
*7	IP Hen Chueng, Trisha	12	MAU	32.00
9	Munhameze, Domingas C	12	MOZ	32.19
10	Kovacevic, Tamara	12	BOTS	32.22
11	Kimani, Jasmin W	11	KENYA-ZZ	32.80
12	Cottar, Ella	12	KENYA-ZZ	32.83
13	Cahombo, Mélvire	12	ANG	32.90
14	Coelho, Eliane	11	ANG	33.40
15	Namutebi, Kirabo	10	UGA	34.77
---	Cahombo, Euridice	8	ANG	X41.14
---	Costa, Luedy	10	ANG	X45.82

## #90 Men 12&amp;U 50 Meter Free

Name	Age	Team	Finals Time	
1	Roest, Edward	12	KENYA-ZZ	28.80
2	Maseko, Felix F	12	RSA	28.83
3	Rumball, Brandon	11	ZAM	29.56
4	Bekker, Andile	12	BOTS	29.79
*5	Mukalazi, Tendo	12	UGA	30.00
*5	Gordo, Salvador	12	ANG	30.00
7	Tabuka, Thomas	11	KENYA-ZZ	30.39
8	Lothrop, Russell	12	BOTS	31.21
9	Sepetu, Isam	10	ZAM	31.70
10	Almeida, Muassiri	12	ANG	32.69
---	Pedro, Ethnan	11	ANG	X34.72

## #91 Women 13-14 50 Meter Free

Name	Age	Team	Finals Time	
1	Buys, Johanna J	14	ZAM	28.51
2	Jarvis, Erin S	14	RSA	29.13
3	Tang Yan, Aurelie	13	MAU	29.21
4	Oosterhuis, Josephine	14	TAN	29.34

5	Duke, Dante	14	BOTS	29.46
6	Geheb, Kiira	13	KENYA-ZZ	29.48
7	Thorpe, Imara Bella	14	KENYA-ZZ	29.72
8	Mabasso, Denise A	14	MOZ	30.90
9	Lewis, Kasia	14	ZAM	30.97
10	Van Jaarsveld, Sune	13	RSA	31.29
11	Nascimento, Vanelisa	14	ANG	31.54
12	De Jesus, Cassandra	13	BOTS	32.01
13	Caloiaro, Sylvia	14	TAN	32.64
14	Lima, Lia	13	ANG	32.73
---	Fernandes, Marcia	14	ANG	X38.67

## #92 Men 13-14 50 Meter Free

Name	Age	Team	Finals Time	
*1	Pinfold, Adam B	14	ZAM	26.39
*1	Talib, Swaleh	14	KENYA-ZZ	26.39
3	Cuna, Érico M	14	MOZ	26.69
4	Freeman, James	14	BOTS	26.94
5	Purahoo, Ovesh	13	MAU	27.28
6	Rainsford, Antonie C	13	ZAM	27.69
7	Saleh, Nabil Ahmed	13	UGA	27.74
8	Groenewald, Andre H	14	RSA	27.85
9	Kurukulasoorya, Gihan	14	BOTS	27.87
10	Omondi, Alvin	13	KENYA-ZZ	28.06
11	Sailboko, Collins	13	TAN	28.27
12	Goslin, Matthew K	14	RSA	28.30
13	Lutchmanen, Varen	13	MAU	28.55
14	Costa, Luyane	14	ANG	28.95
15	Mascarenhas, Henrique	13	ANG	29.45
16	Saleh, Fadhil Thabit	13	UGA	29.64
---	Virgilio, Filpert	14	ANG	X29.70
---	Jaco, Asher	13	ANG	X32.09

## #93 Women 15-16 50 Meter Free

Name	Age	Team	Finals Time	
1	Auckburaullee, Annah	15	MAU	28.14
2	Sousa, Catarina	15	ANG	28.73
3	Wong Woon, Chong	15	MAU	29.56
4	Manchest, Amber R	15	RSA	29.64
5	Mohabir, Yogita	15	RSA	29.70
6	Blokker, Danita	16	BOTS	29.82
7	Cossa, Gisela	15	MOZ	30.06
8	Evans, Kira	15	KENYA-ZZ	30.88
9	Ribeiro, Nayara	16	ANG	30.94
*10	Gander, Colleen	15	ZAM	31.07
*10	Michaelo, Ambaar	15	KENYA-ZZ	31.07
12	Valenza, Francesca	16	ZAM	31.84
---	Barros, Erica	15	ANG	X36.08
---	Lacerda, Carla	15	ANG	X36.86

## #94 Men 15-16 50 Meter Free

Name	Age	Team	Finals Time	
1	Scheepers, Junaid A	16	RSA	24.75
2	Peres, Yohan	16	MAU	25.21
3	Francisco, Daniel	15	ANG	25.79
4	Tavares, Jalik L	16	MOZ	26.07
5	Berning, Chad T	15	BOTS	26.64
6	Wamarema, Andrew	16	KENYA-ZZ	27.17

7	Mataka, Mapalo J	16	ZAM	27.85
8	Ndonga, Emmanuel C	15	KENYA-ZZ	27.89
9	Paulo, Bráulio	15	ANG	28.01
10	Chetty, Sachin	15	RSA	28.11
11	Ssempe, Josiah Kasaale	16	UGA	31.67
---	Pestana, Hugo	16	ANG	X27.38
---	Nunes, Helio	16	ANG	X27.63

## #95 Women 17&amp;O 50 Meter Free

Name	Age	Team	Finals Time	
1	Poo Cheong, Elodie	18	MAU	27.38
2	Paljk, Tilka	18	ZAM	28.06
3	Nobrega, Ana	24	ANG	28.28
4	Stagno, Gessica	21	MOZ	28.86
5	Lima, Yara	20	ANG	29.47
6	Ebineng, Seabe	18	BOTS	29.81
7	Barr, Poppy L	17	ZAM	31.21
8	Meza, Avíce	20	UGA	32.90

## #96 Men 17&amp;O 50 Meter Free

Name	Age	Team	Finals Time	
1	Mogne, Igor A	18	MOZ	23.91
2	Aguiar, João	31	ANG	24.47
3	Pragassa, Tory	18	KENYA-ZZ	24.65
4	da Costa, Denilson	17	MOZ	24.73
5	Ndonga, Samuel K	17	KENYA-ZZ	25.32
6	Mosue, Mpumelelo N	17	RSA	25.53
7	Shone, Matthew	22	ZAM	26.45
8	Ndinofina, Berjo	18	ANG	26.63
9	Ntaka, Sphephelo O	18	RSA	26.77
10	Latife, Riyaz	21	ZAM	27.65
---	Afonso, Luciano	18	ANG	X27.25
---	Henriques, Alberto	17	ANG	X27.37

## #97 Women 14&amp;U 200 Meter Fly

Name	Age	Team	Finals Time	
1	IP Hen Cheung, Tessa	14	MAU	2:32.77
2	Donker, Fleur	14	ZAM	2:50.87
3	IP Hen Chueng, Trisha	12	MAU	3:00.92
4	Nightingale, Menina	13	KENYA-ZZ	3:17.69
5	Pinfold, Illizane	11	ZAM	3:26.14
6	Nascimento, Vanelisa	14	ANG	3:27.60
7	De Jesus, Cassandra	13	BOTS	3:30.50
8	Munhameze, Domingas C	12	MOZ	3:32.06
9	Silva, Karina	13	ANG	3:33.63

## #98 Men 14&amp;U 200 Meter Fly

Name	Age	Team	Finals Time	
1	Freeman, James	14	BOTS	2:30.97
2	Smit, Naested	14	RSA	2:31.23
3	Omondi, Alvin	13	KENYA-ZZ	2:35.85
4	Cuna, Érico M	14	MOZ	2:45.25
5	Costa, Luyane	14	ANG	2:45.65
6	Gordo, Salvador	12	ANG	3:00.90
7	Bekker, Andile	12	BOTS	3:15.43
8	Sepetu, Isam	10	ZAM	3:25.80
9	Nightingale, Ted	11	KENYA-ZZ	3:57.25



## 2015 Cana Zone IV Swimming Champs-Luanda - 06/05/2015 to 09/06/2015

## Results

## #99 Women 15-16 200 Meter Fly

Name	Age	Team	Finals Time
1 Meier, Danè	16	RSA	2:34.66
2 Wong Woon, Chong	15	MAU	2:37.67
3 Ramos, Natércia	15	ANG	3:30.37

## #100 Men 15-16 200 Meter Fly

Name	Age	Team	Finals Time
1 Stoltz, Reuben	16	RSA	2:17.57
2 Francisco, Daniel	15	ANG	2:25.60
3 Berning, Chad T	15	BOTS	2:26.09
4 Chagas, Elmano	15	ANG	2:42.20
--- Tavares, Jalik L	16	MOZ	DNF

## #101 Women 17&amp;O 200 Meter Fly

Name	Age	Team	Finals Time
1 Nobrega, Ana	24	ANG	2:28.52
2 Stagno, Gessica	21	MOZ	2:29.92
3 Hadebe, Khethiwe U	17	RSA	2:48.69
4 Lima, Yara	20	ANG	2:53.23

## #103 Women 12&amp;U 100 Meter Free

Name	Age	Team	Finals Time
1 Lange, Jenna-Lee	12	RSA	1:06.37
2 Pinfold, Sacha	12	ZAM	1:07.67
3 Foo Sem Fah, Leah	12	MAU	1:08.50
4 Blaisse, Jeanne S	12	RSA	1:09.18
5 Prashant, Smriti	12	TAN	1:10.48
6 Phiri, Mia A	12	ZAM	1:11.56
7 Munhameze, Domingas C	12	MOZ	1:12.67
8 Cottar, Ella	12	KENYA-ZZ	1:12.95
9 Kovacevic, Tamara	12	BOTS	1:13.06
10 Kimani, Jasmin W	11	KENYA-ZZ	1:13.69
11 Coelho, Eliane	11	ANG	1:15.19
12 Mathews, Tselane	11	BOTS	1:16.97
13 Cahombo, Mélvire	12	ANG	1:20.60
14 Namutebi, Kirabo	10	UGA	1:21.10

## #104 Men 12&amp;U 100 Meter Free

Name	Age	Team	Finals Time
1 Maseko, Felix F	12	RSA	1:04.06
2 Roest, Edward	12	KENYA-ZZ	1:05.84
3 Bekker, Andile	12	BOTS	1:06.01
4 Rumball, Brandon	11	ZAM	1:06.31
5 Kabuye, Adnan	12	UGA	1:08.08
6 Mukalazi, Tendo	12	UGA	1:08.27
7 Gordo, Salvador	12	ANG	1:09.65
8 Tabuka, Thomas	11	KENYA-ZZ	1:10.52
9 Almeida, Muassiri	12	ANG	1:10.53
10 Fischer, Ethan	12	BOTS	1:15.67
11 Wilson, Toby	12	ZAM	1:16.06
--- Freitas, Filipe	10	ANG	X1:24.14
--- Van Rooijen, Ivan	12	RSA	DQ

## #105 Women 13-14 100 Meter Free

Name	Age	Team	Finals Time
1 Buys, Johanna J	14	ZAM	1:02.58
2 Jarvis, Erin S	14	RSA	1:03.84

3 Thorpe, Imara Bella	14	KENYA-ZZ	1:04.44
4 Duke, Dante	14	BOTS	1:04.53
5 Lim AH Tock, Layne	13	MAU	1:05.46
6 Tang Yan, Aurelie	13	MAU	1:05.78
7 Okumu, Virginia	14	KENYA-ZZ	1:06.47
8 Oosterhuis, Josephine	14	TAN	1:06.66
9 Smit, Jessica S	14	RSA	1:07.15
10 Lewis, Kasia	14	ZAM	1:08.05
11 Mabasso, Denise A	14	MOZ	1:10.28
12 Nascimento, Vanelsa	14	ANG	1:12.45
13 Caloiaro, Sylvia	14	TAN	1:13.69
14 De Jesus, Cassandra	13	BOTS	1:15.37
15 Silva, Karina	13	ANG	1:19.46

## #106 Men 13-14 100 Meter Free

Name	Age	Team	Finals Time
*1 Pinfold, Adam B	14	ZAM	57.89
*1 Freeman, James	14	BOTS	57.89
3 Cuna, Érico M	14	MOZ	59.32
4 Talib, Swaleh	14	KENYA-ZZ	59.53
5 Kurukulasooriya, Gihan	14	BOTS	1:00.77
6 Groenewald, Andre H	14	RSA	1:01.00
7 Saleh, Nabil Ahmed	13	UGA	1:01.29
8 Omondi, Alvin	13	KENYA-ZZ	1:02.69
9 Puraahoo, Ovesh	13	MAU	1:03.20
10 Sailboko, Collins	13	TAN	1:03.38
11 Saleh, Fadhil Thabit	13	UGA	1:03.43
12 Lutchmanen, Varen	13	MAU	1:04.12
13 Smit, Naested	14	RSA	1:04.36
14 Costa, Luyane	14	ANG	1:04.88
15 Rainsford, Antonie C	13	ZAM	1:05.02
16 Mascarenhas, Henrique	13	ANG	1:05.15

## #107 Women 15-16 100 Meter Free

Name	Age	Team	Finals Time
1 Meier, Danè	16	RSA	1:02.67
2 Auckburaullee, Annah	15	MAU	1:03.02
3 Wong Woon, Chong	15	MAU	1:04.64
4 Sousa, Catarina	15	ANG	1:05.23
5 Cossa, Gisela	15	MOZ	1:05.32
6 Blokker, Danita	16	BOTS	1:05.81
7 Michaelo, Ambaar	15	KENYA-ZZ	1:07.17
8 Mohabir, Yogita	15	RSA	1:07.18
9 Evans, Kira	15	KENYA-ZZ	1:08.08
10 Gander, Colleen	15	ZAM	1:08.80
11 Ribeiro, Nayara	16	ANG	1:09.66
12 Valenza, Francesca	16	ZAM	1:10.01

## #108 Men 15-16 100 Meter Free

Name	Age	Team	Finals Time
1 Scheepers, Junaid A	16	RSA	56.19
2 Peres, Yohan	16	MAU	56.54
3 Francisco, Daniel	15	ANG	58.37
4 Stoltz, Reuben	16	RSA	58.64
5 Berning, Chad T	15	BOTS	58.84
6 Wamarema, Andrew	16	KENYA-ZZ	1:00.52
7 Paulo, Bráulio	15	ANG	1:01.31
8 Tavares, Jalik L	16	MOZ	1:01.35

9 Mataka, Mapalo J	16	ZAM	1:01.37
10 Ssempe, Josiah Kasaale	16	UGA	1:14.15
--- Pestana, Hugo	16	ANG	X1:02.73

## #109 Women 17&amp;O 100 Meter Free

Name	Age	Team	Finals Time
1 Poo Cheong, Elodie	18	MAU	1:00.63
2 Nobrega, Ana	24	ANG	1:01.10
3 Paljk, Tilka	18	ZAM	1:03.56
4 Stagno, Gessica	21	MOZ	1:03.81
5 Lima, Yara	20	ANG	1:04.83
6 Ebineng, Seabe	18	BOTS	1:08.27
7 Barr, Poppy L	17	ZAM	1:09.72
8 Hadebe, Khethiwe U	17	RSA	1:10.05
9 Meya, Avice	20	UGA	1:16.30

## #110 Men 17&amp;O 100 Meter Free

Name	Age	Team	Finals Time
1 Mogne, Igor A	18	MOZ	53.34
2 Pragassa, Tory	18	KENYA-ZZ	54.75
3 da Costa, Denilson	17	MOZ	54.86
4 Mosue, Mpumelelo N	17	RSA	56.88
5 Aguiar, João	31	ANG	56.95
6 Ntaka, Sphephelo O	18	RSA	58.88
7 Shone, Matthew	22	ZAM	59.38
8 Ndinofina, Berjo	18	ANG	59.82
9 Ndonga, Samuel K	17	KENYA-ZZ	1:00.03
10 Latife, Riyaz	21	ZAM	1:04.47
--- Afonso, Luciano	18	ANG	X1:00.72
--- Henriques, Alberto	17	ANG	X1:03.52

## #111 Women 12&amp;U 200 Meter IM

Name	Age	Team	Finals Time
1 Seyffert, Taily	12	RSA	2:41.25
2 Foo Sem Fah, Leah	12	MAU	2:43.34
3 Pinfold, Sacha	12	ZAM	2:49.56
4 Lange, Jenna-Lee	12	RSA	2:49.69
5 Prashant, Smriti	12	TAN	2:59.21
6 Pinfold, Illizane	11	ZAM	2:59.26
7 Kovacevic, Tamara	12	BOTS	2:59.73
8 Munhameze, Domingas C	12	MOZ	3:01.84
9 Cottar, Ella	12	KENYA-ZZ	3:03.20
10 Potgieter, Monique	11	BOTS	3:06.20
11 Kimani, Jasmin W	11	KENYA-ZZ	3:07.31
12 Nguyen, Komie	12	ANG	3:14.30
13 Coelho, Eliane	11	ANG	3:23.80

## #112 Men 12&amp;U 200 Meter IM

Name	Age	Team	Finals Time
1 Gordo, Salvador	12	ANG	2:42.36
2 Van Rooijen, Ivan	12	RSA	2:43.96
3 Bekker, Andile	12	BOTS	2:47.78
4 Kabuye, Adnan	12	UGA	2:48.03
5 Roest, Edward	12	KENYA-ZZ	2:49.69
6 Rumball, Brandon	11	ZAM	2:50.72
7 Mukalazi, Tendo	12	UGA	2:52.33
8 Rusford, Enoch J	12	RSA	2:53.20
9 Tabuka, Thomas	11	KENYA-ZZ	2:54.33
10 Almeida, Muassiri	12	ANG	3:04.80

## 2015 Cana Zone IV Swimming Champs-Luanda - 06/05/2015 to 09/06/2015

## Results

## #112 Men 12&amp;U 200 Meter IM

11	Wilson, Toby	12	ZAM	3:11.21
----	--------------	----	-----	---------

## #113 Women 13-14 200 Meter IM

Name	Age	Team	Finals Time
1	IP Hen Cheung, Tessa	14 MAU	2:34.16
2	Smit, Jessica S	14 RSA	2:35.94
3	Thorpe, Imara Bella	14 KENYA-ZZ	2:37.26
4	Buys, Johanna J	14 ZAM	2:42.20
5	Okumu, Virginia	14 KENYA-ZZ	2:43.48
6	Van Jaarsveld, Sune	13 RSA	2:45.28
7	Duke, Dante	14 BOTS	2:49.20
8	Hassen-Weltin, Shanni	14 ZAM	2:49.31
9	Oosterhuis, Josephine	14 TAN	2:54.33
10	Mabasso, Denise A	14 MOZ	3:03.42
11	Nguyen, Komay	14 ANG	3:03.78
12	Bossi, Gloria	14 ANG	3:10.61
13	Caloiaro, Sylvia	14 TAN	3:11.60
14	De Jesus, Cassandra	13 BOTS	3:12.33

## #114 Men 13-14 200 Meter IM

Name	Age	Team	Finals Time
1	Lutchmanen, Varen	13 MAU	2:28.31
2	Cuna, Érico M	14 MOZ	2:29.84
3	Freeman, James	14 BOTS	2:31.29
4	Goslin, Matthew K	14 RSA	2:31.55
5	Talib, Swaleh	14 KENYA-ZZ	2:33.72
6	Ramaala, Alex A	14 RSA	2:34.01
7	Kok Shun, Ryan	13 MAU	2:35.23
8	Kurukulasooriya, Gihan	14 BOTS	2:36.89
9	Saleh, Nabil Ahmed	13 UGA	2:37.37
10	Ambala, Atuhairé Ogola	14 UGA	2:37.45
11	Sailboko, Collins	13 TAN	2:45.64
12	Rainsford, Antonie C	13 ZAM	2:46.69
13	Costa, Luyane	14 ANG	2:48.88
14	Mascarenhas, Henrique	13 ANG	2:49.25
15	McDonald, Iain D	14 ZAM	2:51.78
---	Virgilio, Filpert	14 ANG	X2:58.31

## #115 Women 15-16 200 Meter IM

Name	Age	Team	Finals Time
1	Meier, Danè	16 RSA	2:35.82
2	Sousa, Catarina	15 ANG	2:42.98
3	Blokker, Danita	16 BOTS	2:43.63
4	Ostman, Emilia	15 KENYA-ZZ	2:49.93
5	Abrahams, Ammaarah	16 RSA	2:51.04
6	Cossa, Gisela	15 MOZ	2:51.56
7	Ribeiro, Nayara	16 ANG	2:57.49
8	Chipwayambokoma, Kop	15 ZAM	3:14.00
---	Gander, Colleen	15 ZAM	DQ

## #116 Men 15-16 200 Meter IM

Name	Age	Team	Finals Time
1	Stoltz, Reuben	16 RSA	2:24.25
2	Francisco, Daniel	15 ANG	2:25.55
3	Berning, Chad T	15 BOTS	2:26.36
4	Tavares, Jalik L	16 MOZ	2:26.69
5	Chung Yee, Jonathan	16 MAU	2:27.13

6	Ndonga, Emmanuel C	15 KENYA-ZZ	2:32.87
7	Scheepers, Junaid A	16 RSA	2:34.27
8	Wamarema, Andrew	16 KENYA-ZZ	2:43.69
9	Paulo, Bráulio	15 ANG	2:43.85
10	Mataka, Mapalo J	16 ZAM	2:54.12
11	Ssempta, Josiah Kasaale	16 UGA	3:04.94

## #117 Women 17&amp;O 200 Meter IM

Name	Age	Team	Finals Time
1	Poo Cheong, Elodie	18 MAU	2:32.92
2	Stagno, Gessica	21 MOZ	2:37.67
3	Hadebe, Khethiwe U	17 RSA	2:45.05
4	Freitas, Maria	18 ANG	2:49.00
5	Barr, Poppy L	17 ZAM	2:52.27

## #118 Men 17&amp;O 200 Meter IM

Name	Age	Team	Finals Time
1	Pinotes, Pedro	26 ANG	2:07.94
2	Mogne, Igor A	18 MOZ	2:20.30
3	Ntaka, Sphephelo O	18 RSA	2:24.00
4	Pillay, Deshaan R	17 RSA	2:29.18
5	Ndinofina, Berjo	18 ANG	2:32.83
6	da Costa, Denilson	17 MOZ	2:40.61
7	Latife, Riyaz	21 ZAM	3:02.47
8	Sililo, Mmbalo S	26 ZAM	3:07.87

## #119 Women 14&amp;U 200 Meter Free Relay

Team	Relay	Finals Time
1	RSA	A 1:58.50
	Lange, Jenna-Lee 12	Blaisse, Jeanne S 12
	Seyffert, Tailyn 12	Jarvis, Erin S 14
2	MAU	A 1:59.00
	IP Hen Cheung, Tessa 14	Koenig, Camille 13
	Lim AH Tock, Layne 13	Tang Yan, Aurelie 13
3	ZAM	A 2:01.37
	Buys, Johanna J 14	Pinfold, Sacha 12
	Phiri, Mia A 12	Lewis, Kasia 14
4	KENYA-ZZ	A 2:01.51
	Okumu, Virginia 14	Geheb, Kiira 13
	Belcher, Emily 14	Thorpe, Imara Bella 14
5	ANG	A 2:09.01
	Cahombo, Mélvire 12	Nguyen, Komay 14
	Lima, Lia 13	Nascimento, Vanelsa 14
6	BOTS	A 2:11.07
	De Jesus, Cassandra 13	Potgieter, Monique 11
	Kovacevic, Tamara 12	Duke, Dante 14

## #120 Men 14&amp;U 200 Meter Free Relay

Team	Relay	Finals Time
1	RSA	A 1:52.36
	Smit, Naested 14	Maseko, Felix F 12
	Goslin, Matthew K 14	Groenewald, Andre H 14
2	UGA	A 1:55.60
	Saleh, Fadhil Thabit 13	Ambala, Atuhairé Ogola 14
	Mukalazi, Tendo 12	Saleh, Nabil Ahmed 13
3	KENYA-ZZ	A 1:56.42
	Tabuka, Thomas 11	Roest, Edward 12
	Omondi, Alvin 13	Talib, Swaleh 14

4	BOTS	A 1:57.14
	Kurukulasooriya, Gihan 14	Lothrop, Russell 12
	Bekker, Andile 12	Freeman, James 14
5	ANG	A 1:58.39
	Mascarenhas, Henrique 13	Jáco, Christopher 14
	Gordo, Salvador 12	Costa, Luyane 14
---	ZAM	A DQ
	Pinfold, Adam B 14	Mulenga, Mutale 14
	Rumball, Brandon 11	Rainsford, Antonie C 13

## #121 Women 15&amp;O 200 Meter Free Relay

Team	Relay	Finals Time
1	ANG	A 1:56.41
	Ribeiro, Nayara 16	Freitas, Maria 18
	Sousa, Catarina 15	Nobrega, Ana 24
2	RSA	A 1:59.98
	Mohabir, Yogita 15	Meier, Danè 16
	Hadebe, Khethiwe U 17	Manchest, Amber R 15
3	ZAM	A 2:01.28
	Gander, Colleen 15	Barr, Poppy L 17
	Valenza, Francesca 16	Paljk, Tilka 18
4	MOZ	A 2:02.37
	Stagno, Gessica 21	Mabasso, Denise A 14
	Cossa, Gisela 15	Munhameze, Domingas C 14
5	KENYA-ZZ	A 2:07.38
	Evans, Kira 15	Michaelo, Ambaar 15
	Ostman, Emilia 15	Cottar, Ella 12

## #122 Men 15&amp;O 200 Meter Free Relay

Team	Relay	Finals Time
1	ANG	A 1:39.06
	Aguiar, João 31	Francisco, Daniel 15
	Alberto, Carlos 22	Pinotes, Pedro 26
2	MOZ	A 1:40.34
	Mogne, Igor A 18	Cuna, Érico M 14
	Tavares, Jalik L 16	da Costa, Denilson 17
3	RSA	A 1:42.99
	Scheepers, Junaid A 16	Ntaka, Sphephelo O 18
	Stoltz, Reuben 16	Mosue, Mpumelelo N 17
4	KENYA-ZZ	A 1:44.35
	Ndonga, Samuel K 17	Wamarema, Andrew 16
	Ndonga, Emmanuel C 15	Pragassa, Tory 18
5	ZAM	A 1:48.42
	Mataka, Mapalo J 16	Shone, Matthew 22
	Latife, Riyaz 21	Sililo, Mmbalo S 26
6	MAU	A 1:50.45
	Kok Shun, Ryan 13	Lutchmanen, Varen 13
	Chung Yee, Jonathan 16	Peres, Yohan 16